

Manage Your Mental Health

In this time of uncertainty, mental health needs to be a focus for everyone. Manage your mental health with the following tips from the Centers for Disease Control and Prevention.

For more detailed information on coping during this situation please visit:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Connect with Others



Share concerns and feelings with family and friends

Take Care of Yourself



Eat healthy well-balanced meals, exercise regularly, and get plenty of sleep

Take Breaks



Make time to pause, relax, and focus on activities you enjoy



Stay Informed



Seek out reliable sources of information like local, state, or national government agencies

Avoid Information Overload



Take time away from watching, reading, or listening to news

Seek Help if Needed



Reach out if stress impacts your daily activities for several days or weeks; talk to a clergy member, medical professional, or contact the SAMHSA hotline



Contact the **Substance Abuse and Mental Health Services Administration's (SAMHSA's)** Disaster Distress Hotline: **1-800-985-5990** or text **"TalkWithUs"** to **66746**

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